



JET 48 Vol. 30 No. 29
Friday, July 25, 2003

Brig. Gen. John T. Brennan
48th Fighter Wing commander

Maj. Francisco G. Hamm
Public affairs chief

Master Sgt. Will Ackerman
Public affairs superintendent

JET 48 STAFF

Capt. Chris Watt
Deputy chief of public affairs
Chief of internal information

Senior Airman Jeff Hamm
Editor

Senior Airman Lynne Neveu
Assistant Editor

Airman 1st Class Pamela Lampert
Staff writer

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151

Fax: 44+(1638) 525637

Phone: 44+(1638) 525640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

Deadline for submissions to the *Jet 48*:

- ☐ Noon Wednesday, ten days prior to publication
- ☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

48th Fighter Wing Public Affairs

Mail: 48FW/PA, Unit 5210 Box 215, APO AE 09461

Email: 48fw.pa@lakenheath.af.mil

Phone: 44+(1638) 522151

Advertising

For advertising rates and information, call
44+(1428) 609920

The *Jet 48* is published by **Forest Publishing (E.A.) Ltd.**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the *Jet 48* are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

AT A GLANCE

4 COMMANDER'S FORUM

- ❖ New York resident thanks armed forces

7-10 NEWS

- ❖ Non-U.S. employee background checks must be done by Sept. 1
- ❖ Concerts in the Park set to rock RAF Lakenheath

13 AROUND THE AIR FORCE

- ❖ USAFE airmen support operations in Liberia

14-16 FEATURES

- ❖ 48th SVS Skills Development program sets AF standard



Photo by Jim Howard

- ❖ Living legends: World War II aces meet at RAF Duxford

19 SPORTS

- ❖ 48th MUNS destroys 48th SFS in A-league softball finals

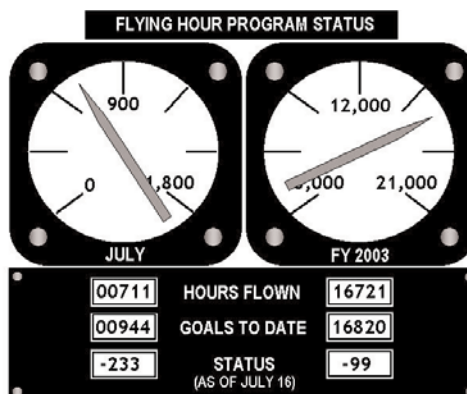
21 PERSPECTIVES

- ❖ Professional development key to airpower
- ❖ Focus on eye safety

25 DISCOVER BRITAIN

- ❖ British theme parks offer family fun

26 COMMUNITY



In an effort to keep Team Liberty updated on the wing's progress in the Flying Hour Program, this info-graphic will appear in the first Jet 48 every month. For the 48th Fighter Wing, the status of the FHP is a major factor in determining whether or not Team Liberty can take a day off for reaching a goal.

ON THE COVER

Carol and Hannah Browner, 6, perfect their stamping technique July 18 at the Skills Development Center. For the third time in four years, the 48th Services Skills Development program has been named 'Best in the Air Force.' For story, see Pages 14 and 15.

Photo by Senior Airman Lynne Neveu.

A note of thanks to those who serve

BY CHRISTY FERER

NEW YORK (AFPN) — When I told friends about my pilgrimage to Iraq to thank the U.S. troops, reaction was underwhelming at best.

Some were blunt. "Why are you going there?" They could not understand why it was important for me, a 9/11 widow, to express my support for the men and women stationed today in the Gulf.

But the reason seemed clear to me: 200,000 troops have been sent halfway around the world to stabilize the kind of culture that breeds terrorists like those who I believe began World War III on Sept. 11, 2001. Reaction was so politely negative that I began to doubt my role on the first USO/Tribeca Institute tour into newly occupied Iraq where, on average, a soldier a day is killed.

Did they really want to hear about my husband, Neil Levin, who went to work as director of the New York Port Authority on Sept. 11 and never came home? How would they relate to the two others traveling with me: Ginny Bauer, a New Jersey homemaker and the mother of three who lost her husband, David; and former Marine Jon Vigiano, who lost his only sons, Jon, a firefighter and Joe, a policeman.

The first "meet and greet" made me weep. Why? Soldiers, armed with M16s and saddlebags of water in 120-degree heat, swarmed over the stars for photos and autographs. When it was announced that a trio of Sept. 11 family members was also in the tent it was as if a psychic cork on an emotional dam was popped.

Soldiers from all over our great country rushed toward us to express their condolences. Some wanted to touch us, as if they needed a physical connection to our sorrow and for some living proof for why they were there.

One mother of two from Montana told me she enlisted because of Sept. 11. Dozens of others told us the same thing. One young soldier showed me his metal bracelet engraved with the name of a victim he never knew and that awful date none of us will ever forget.

In fact at every encounter with the troops there would be a surge of Reservists — firefighters and cops, including many who had worked the rubble of Ground Zero — wanting to exchange a hometown hug.

Their glassy eyes still do not allow anyone to penetrate too far inside to the place where their trauma is lodged; the trauma of a devastation far greater than anyone who hadn't been there could even imagine. It's there in me, too. I had forced my way downtown on that awful morning, convinced that I could find Neil beneath the rubble.

What I was not prepared for was to have soldiers show us the World

Trade Center memorabilia they'd carried with them into the streets of Baghdad. Others had clearly been holding in stories of personal 9/11 tragedies which had made them enlist.

One fire brigade plucked the three of us from the crowd, transporting us to their firehouse to call on those who had to stand guard during the Baghdad concert. It was all about touching us and feeling the reason they were in this hell. Back at Baghdad International Airport, Kid Rock turned a "meet and greet" into an impromptu concert in a steamy airport hangar before 5,000 troops.

One particular soldier, Capt. Vargas from the Bronx, told me he enlisted in the Army after some of his wife's best friends were lost at the World Trade Center.

When he glimpsed the piece of recovered metal from the Towers that I had been showing to a group of soldiers he grasped for it as if it were the Holy Grail. Then he handed it to Kid Rock who passed the precious metal through the 5,000 troops in the audience. They lunged at the opportunity to touch the steel that symbolized what so many of them felt was the purpose of their mission — which puts them at risk every day in the 116 degree heat, not knowing all the while if a sniper was going to strike at anytime.

Looking into that sea of khaki gave me chills even in that blistering heat. To me, those troops were there to avenge the murder of my husband and 3,000 others. When I got to the microphone I told them we had not made this journey for condolences but to thank them and to tell them that the families of 9/11 think of them every day. They lift our hearts.


What happened next left no doubt that the troops drew inspiration from our tragedies. When I was first asked to speak to thousands of troops in Qatar, after Iraq, I wondered if it would feel like a "grief for sale" spectacle.

But this time I was shaking because I was to present the recovered WTC steel to Gen. Tommy Franks (former U.S. Central Command commander). I quivered as I handed him the icy gray block of steel. His great craggy eyes welled up with tears. The sea of khaki fell silent. Then the proud four-star general was unable to hold back the tears which streamed down his face on center stage before 4,000 troops. As this mighty man turned from the spotlight to regain his composure I comforted him with a hug.

Now, when do I return?

(Editor's note: This commentary is printed with permission from Christy Ferer.)

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.


48th Fighter Wing commander

Since living here more than a year, I've noticed that housing takes a long time to fill the houses. Two houses here have been empty since December. It only takes 30 days to give a landlord notice of intention to move out. The reason I am

concerned is because we have a large family and it was not easy to find affordable housing and here we have well over eight empty houses. Not to mention tax payers money being spent to ensure we have an option to choose to live in base housing. Can't we move a little faster to get more families settled?

Thank you for your inquiry. We currently have well over 2,000 housing units and our present occupancy rate is 89 percent. We'll always have some level of homes unoccupied due to renovation projects. In fact, we have a total of 195 houses currently being renovated at various on-base and off-base developments to include RAF Ely, RAF Waterbeach, RAF Lakenheath and RAF Feltwell. However, the main reason for having 11 percent of our inventory vacant was the uncertainty of

a continued lease agreement for our 570 units in Anglo housing. We temporarily suspended offerings of these units during the winter time frame. Because of successful negotiations with the owner, I'm happy to report that we've lifted the suspension and are now offering these units to families on the housing list. Many of these vacant homes will soon have occupants — just in time for the busy PCS season. To help expedite the process, we need your help. Specifically, if you are on the housing list and no longer desire base housing, please call the housing office. They spend too much time offering homes to members content to remain on the economy. We thank you for your concern and look forward to continue serving the RAF Lakenheath and RAF Mildenhall community.

Concert rocks RAF Lakenheath

Two more planned as part of Concerts in the Park series

BY AIRMAN 1ST CLASS
PAMELA LAMPERT

48TH FIGHTER WING PUBLIC AFFAIRS

The first of three concerts in the 48th Services Squadron's Concerts in the Park series rocked RAF Lakenheath July 16.

The concert featured Push, Pull and the Screammers, who cranked out oldies tunes while the crowd enjoyed food, face painting and bouncy castles for the children.

In the next installment of the series, Get Back to Rock and Roll will play Wednesday between the Liberty Club and the community center.

In the final concert, The Breeze will play Aug. 13 at the same location.

Both events begin at 4 p.m. with the bands taking the stage at 4:30 p.m. The live music and other activities are free, while food is \$5 for adults and \$3 for children ages 6 to 12. Children under 6 eat for free.

"I think it's a great program that gives people something fun to do outdoors while the weather is nice for little or no cost," said Maili Peters, 48th SVS Business Operations Flight chief. "Providing activities like this is one of the main things Services is here for."

The concert series is also part of Extreme Summer, a U. S. Air Forces in Europe program in



Photo by Senior Airman Jeff Hamm

Members of the band Push, Pull and the Screammers, Ralph Newton, 48th Services Squadron, Maj. Fred Seale, 48th Medical Operations Squadron, and Maj. Gen. Michael Wooley, 3rd Air Force commander, sing and play their way through a rendition of The Beatles' "A Hard Day's Night" during their July 16 performance which was part of the Concerts in the Park series.

which USAFE members earn points toward more than \$200,000 worth of prizes by attending events and participating in base activities. Concertgoers will earn 50 points per event.

"This concert series is something the whole family can enjoy," said Peters. "There's something for everyone, and I hope everyone will come out and see what we have to offer."

Security checks required for non-U.S. employees

BY SENIOR AIRMAN JEFF HAMM

48TH FIGHTER WING PUBLIC AFFAIRS

All non-U.S. employees and contractors working on RAF Lakenheath have until Sept. 1 to complete the first step of a two-part security check in order to continue entering the base unescorted. At that point, proof of a local police background investigation will be required for all contractors and direct-hire civilians wishing to gain access to the base unsupervised.

According to Mark Trask, 48th Security Forces Squadron administration chief, the Air Force recently clarified a long-standing policy implementing the background investigations needed for force protection measures since September 11, 2001.

"This is not above and beyond what we do ourselves," Trask said. "If you're not a U.S. or U.K. military ID card holder and you want to get on this base unescorted, you'll need a police check."

He explained that the policy requires those affected to submit to similar investigations as Air Force members. This requires a two-part investigation.

The first part is a criminal history check conducted by the county constabulary in the employee's home of record. This check costs £10 and takes about 40 duty days to complete. Once this check is complete, the person will be authorized unescorted entry to the base with a new ID card, U.S. Air Forces in Europe Form 77. The card will be good on RAF Lakenheath, RAF Mildenhall and RAF Feltwell.

Part two of the check, which takes a minimum of 30 days, is completed by the Defence Vetting Agency, and is similar in scope to the background checks all Air Force members go through when joining the service.

"The checks do not affect Ministry of Defence civilian employees," Trask said. "They already go through extensive background checks during their

hiring process."

There are, however, roughly 3,300 non-U.S. nationals working on base who are affected. These include Army and Air Force Exchange Service workers, Direct Hire MOD, Defense Estates employees and a host of contractors.

"It affects almost everyone," said Staff Sgt. Joe Marston, 48th SFS NCO in charge of information security. "If they're a foreign national, they might be affected."

Of the few thousand employees required to undergo these checks, Marston said he has received only about 40 completed packages so far.

Trask said a concrete system of conducting background checks has almost been implemented several times since the policy's inception, but hasn't been realized until now, adding that people may be waiting for this one to change too. It won't.

"People must understand the importance of this program, because when it takes effect on Sept. 1, we don't want 200 people standing outside of the gate waiting to be escorted," Trask said.

It is hoped the background investigations, instead of creating an aura of suspicion and a backlog of administrative work, will make the base a more secure work setting for everyone.

"What we're trying to do, besides implement Air Force policy, is to equip all of our host nation employees the same way Air Force people are," Trask said. "This will make a safer environment for all of us."

Marston agreed.

"We're all required to receive the investigation prior to working on the base ourselves," he said.

Non-U.S. employees and contractors needing more information about the background check process can contact their sponsoring unit orderly rooms.

Reserve unit assists 48th CS

STORY AND PHOTO BY SENIOR AIRMAN
AMANDA GARBER

916TH AIR REFUELING WING PUBLIC AFFAIRS

Ground radio communication technicians from the 716th Communication Flight attached to the 916th Air Refueling Wing, Seymour Johnson Air Force Base, N.C., are lending a helping hand to the ground radio communication maintenance technicians of the 48th Communications Squadron for completion of their annual tour requirement July 14 to Sunday.

The team's mission is to help the 48th CS with preventive maintenance on deployed equipment such as giant voice, TRC-176 ultra high frequency and very high frequency, pacer bounce high frequency and public address systems to get them in ready status for deployment.

According to Tech Sgt. Lawrence McGuinness, assistant NCO in charge of ground radio communication maintenance, the 716th team was able to perform operation checks on radios found on base, and helped with the organization of mobility storage facilities due to equipment returning from deployment. They also received training on air traffic control systems and mobility equipment, and helped with setting up PA systems for different events.

This team was provided an opportunity to familiarize themselves with equipment that would normally not be available to them.

"This is a perfect opportunity for us to start and finish a setup, and although most of us have worked on radios, we usually have a problem with working on specific equipment from start to finish because on a unit training assembly, we have two working days in which we need to get our mission and the Air Force mission completed," said Tech Sgt. Jeff Yorty, 716th NCO in charge of ground radio communication maintenance.

"We are getting excellent training and lots of hands on with the equipment, something we rarely get the opportunity to do. So, for us to have access to these equipment is very beneficial," said Tech. Sgt. Jennifer Fitzmaurice,

716th CF.

According to Master Sgt. Bill Hormann, 48th CS NCO in charge of radio maintenance, the team was put to work, taking on some maintenance inspection and rack installations, performing PMIs on some deployed equipment and post deployed equipment checks and helping with the workload, allowing time for catching up on some administrative work after a deployment.

The team will leave the 48th FW with a lasting impression of admiration directly related to how well they proved their ability and professionalism.

"Prior to this, I have never had an actual working relationship with reservists, and I was worried about what the team would be able to accomplish due to limited available training time. I was however, actually impressed, because I've seen that they can handle anything that comes up and they are really good at what they do," said Senior Airman Thomas Zink, 48th CS.

Senior Airman David Dunnock, ground radio communication maintenance technician, was very pleased with this annual tour.

"We received 90 percent more training than we normally get, all of which was hands on," he said.

"I'm very pleased with the turn out and the work load, the 48th CS has been great and their support has been wonderful," Fitzmaurice said.

"We got the opportunity to get more training done because we have more time, and it's more like the training we received at technical school, except this was on a one on one basis," said Staff



Tech. Sgt. Yorty performs a preventive maintenance inspection on a Pacer Bounce HF, a piece of high-frequency ground radio equipment Monday.

Sgt. Michael Daniels.

Staff Sgt. Hobbs was very pleased to have had the access to work on equipment that needed to be worked on and with available time to complete the job.

"I think this was an opportunity to put what needed to get done in perspective, get proficient on what was needed to continue our mission, provide a clear view of the big picture and get us prepared for a deployment," Yorty said.

MyPay to be mandatory for USAFE members Oct. 1

BY CAPT. CHRIS WATT

48TH FIGHTER WING PUBLIC AFFAIRS

Personal identification numbers for the myPay online service will be mandatory for all U.S. Air Forces in Europe members Oct. 1, and hardcopy Leave and Earnings Statements will stop being mailed Jan. 1. The decision made by Gen. Gregory S. Martin, USAFE commander, follows a successful test of the myPay technology at Spangdahlem Air Base, Germany, earlier this year.

"The myPay initiative is an excellent example of technology transformation," wrote Martin in a memorandum released July 8. "It empowers our people to efficiently manage their personal finances online 24 hours per day, 7 days a week."

The new policy requires all USAFE military members to obtain a PIN

by Oct. 1 so they can access their pay information. Besides information that was available on a hardcopy LES, myPay also allows patrons options such as the ability to view and edit direct deposits, tax withholdings, and change or stop Thrift Savings Plan contributions.

"It makes perfect sense," said Capt. Tracy Bell, 48th Comptroller Squadron Financial Services flight commander. "It means deployed folks can still access their finances. It's more beneficial to the warfighter whether in the field or at home station."

Additionally, according to Bell, \$55.8 million can be saved Air Force-wide by eliminating the hardcopy LES.

Team Liberty members can receive myPay PIN numbers by contacting the 48th CPTS Financial Services at 226-1355 or emailing finance.services@lakenheath.af.mil.

Liberty Wing captains selected for promotion

The following Liberty Wing captains were recently selected for promotion to major:

Brian Armstrong, 492nd Fighter Squadron
Kenneth Beale, 48th Fighter Wing
Connor Blackwood, 493rd Fighter Squadron
Joshua Burgess, 48th FW
Mark Fritzinger, 48th Operations Group
Bryan Hasty, 48th FW
Vaughn Heyer, 451st Information Squadron
Taran Hickie, 492nd FS
Alan Kastner, 494th Fight Squadron
Gregory Keeton, 493rd FS
Troy Koepnick, 48th Logistics Readiness Squadron
Damian McCabe, 48th Medical Group
Christopher McCleary, 492nd FS
Mark O'Neal, 492nd FS
Leon Perkowski, 48th Operations Support Squadron
Daniel Rauch, 494th FS
Mark Reents, 48th OSS
Brian Schubert, 494th FS
Kevin Smith, 48th Medical Support Squadron
James Stryd, 48th Medical Operations Squadron
Barbara Tucker, 48th MDSS
Karin P. Vandoren, 48th MDOS
Alan J. Wesenberg, 492nd FS

Air Force, USAFE announce awards

Headquarters, U.S. Air Force and U.S. Air Forces in Europe named the following award winners for 2002:

Air Force

Master Sgt. Robert Lewis, 48th Operations Support Squadron, Air Force Airfield Management Senior NCO of the Year

USAFE

Capt. Greg Milliman, 48th OSS, Air Traffic Control Officer of the Year

Tech. Sgt. James Colson, 48th OSS, Air Traffic Control TERPS Specialist of the Year

Tech. Sgt. Timothy Barrett, 48th OSS, Air Traffic Control Training Achievement Award

48th OSS:

Airfield Operations Award

Airfield Operations Flight Complex of the Year

48th Services Squadron:

Skills Development Program of the Year

Bowling Center of the Year

Fitness and Sports Program of the Year

Consolidated/Collocated Club of the Year



Photo courtesy of the 48th Fighter Wing History Office

50 years of news

In the midst of the 1978 energy and fuel crisis, the wing's quality control section turned to using bicycles while making their daily rounds. The quality control officer stated, "Not only will it help save fuel, it also gives us more visibility to the wing."



Hometown: Leon, Kansas

Time in service: Four years, four months

Time on station: Nine months

Role in mission: Non-destructive inspection journeyman

Hobbies: Playing softball

How do you contribute to the wing mission? I do my job.

What does the Air and Space Expeditionary Force concept mean to you? I can deploy at any time.

What do you like best about the Air Force? I come from a military family, so I guess serving my country.

If you could change one thing about the Air Force, what would it be? Pay based on jobs and rank as opposed to rank alone

What do you like most about being in the United Kingdom? Good cost of living adjustment

How would you improve life at RAF Lakenheath? More thought of the aircraft maintainers concerning events and work schedules

How do you fulfill core values? I do my job according to the regulations.

What was the last book you read? The Performance Fitness Examination, so I could make staff sergeant

If you could live in any period of time, when would it be? Late 1800s, because back then it was



Staff Sgt. Ann Martin
48th Equipment Maintenance Squadron

more of an "eye for an eye" attitude

What is your philosophy of life and why? Live it up, because one day you won't be around to do that.

What's your favorite region of the United States and why? The East Coast, because I enjoy the beach

Where do you see yourself in 10 years? Probably still in the military

What is your greatest achievement? Being able to provide for myself and live the kind of life I want

Who is your role model and why? Tech. Sgt. Jeannette Grimm because she is not afraid to get her hands dirty and encourages the younger troops to do the right thing concerning their job



Joanne Walling, 48th Security Forces Squadron pitcher, fires one off against a 48th Munitions Squadron batter Tuesday during the second game of the 2003 Intramural Softball A-League championship. SFS took the first game 16-12. MUNS rallied during the second game to take the double-elimination tournament 19-6. This is the second consecutive year MUNS has taken the title.

Photos by Senior Airman Jeff Hamm

MUNS outguns SFS 19-6



(Left) Randy Wilhide, 48th Munitions Squadron, scoops up a grounder during game two. (Above, top) An SFS runner slides for home as Jeremy Luster, 48th MUNS, grabs for the ball to make the tag. (Above) With his teammates looking on, Robert Scycoc, 48th MUNS, hits a line drive.

Professional development key to retention

BY MASTER SGT. LESLIE B. INGRAM

48TH FIGHTER WING CAREER ASSISTANCE ADVISOR

It is an obvious fact that enlistments, reenlistments and retentions in the service are becoming a greater problem every day, especially with the increased attractiveness of opportunities in civilian jobs. Each year, as the union contracts of the civilian trades are renewed, more and more fringe benefits are added; such include free medical care, guaranteed annual wage, longer vacations and shorter working hours. The situation is fast approaching the point where all the benefits that used to make the military career more attractive are now available to the non-military citizen.

If we are to be effective in our mission, and faithful to our regulations and procedures, the amount of work required of our personnel cannot be increased very far beyond its present point of responsibility, in the opinion of this writer.

-Second Lieutenant John Schlimmer,
History of the 48th Fighter Bomber Wing, Jan.
1, 1956 to June 30, 1956.

With the slight substitution of "War on Terrorism" for "Cold War," the words above, although written nearly 50 years ago, are as applicable today as they were during the Cold War of the 1950s. One way we here in the Liberty Wing have of dealing with 21st-century retention problems is through the 48th Fighter Wing's Professional Development Center.

The PDC was activated in December 2001. Since that time, we've taught more than 60 classes to more than 1,000 Liberty Wing members. Our curriculum consists of 14 courses (and growing), and each class is offered quarterly. We offer a six-hour Airman Professional Development course, designed to better prepare our airmen for successful career development, enhancement and progression. Our general courses (classes open to all military ranks and civilians) include Awards and Decorations, a three-hour class aimed at ensuring recognition programs are understood and properly used, in an effort to improve morale and duty performance.

The Community College of the Air Force and Beyond seminar is a two-hour lesson outlining higher educational opportunities and associated

benefits available to Air Force members, their families and others. Conflict Management is a three-hour course describing conflict resolution methods. Effective Writing is a three-hour class providing instructions on Air Force correspondence, both written and electronic, including applicable standards.

The EPR Writing class is one of our most popular courses; this three-hour seminar focuses on both wing-specific issues and universally applicable aspects of evaluation reporting.

Our Honor and Ethics lesson is a four-hour course directed toward providing clarification of moral and ethical guidance when making daily decisions in the contemporary Air Force, with an emphasis on Air Force

Core Values. Human Performance Factors is a three-hour session focused on physiological fatigue and ways of coping with it.

Manpower & Personnel is a four-hour seminar on effective human resource management. The wing chief master sergeants present a three-hour mentoring lesson that involves a unique

opportunity for all personnel to interact with a panel of chiefs. Military Customs, Courtesies and Traditions is a three-hour lecture on our military way of life, emphasizing our history, dress and appearance, and flag and heraldry protocol.

Stress Relief is a two-hour class describing methods of alleviating all forms of stress.

The Taming Your Temper course is a two-hour course illustrating means of dealing with aggression.

The latest addition is the Time Management class, a two-hour lesson on the wise use of a most precious resource.

The Lakenheath PDC is located in the Consolidated Base Support Facility Annex, Bldg. 948, on the third floor, Room 309. For more information about the PDC, call Master Sgt. Les Ingram at 226-2300, e-mail leslie.ingram@lakenheath.af.mil, or visit our Web site on the home page under Professional Development.

“One way we here in the Liberty Wing have of dealing with 21st-century retention problems is through the 48th Fighter Wing’s Professional Development Center.”

Master Sgt. Leslie B. Ingram
48th Fighter Wing career assistance advisor

Eye safety in the workplace vital to preventing injuries

BY STAFF SGT. LORIE J. WORLAND

48TH AEROSPACE MEDICAL SQUADRON

Every day, an estimated 1,000 eye injuries occur in the workplace that results in more than \$300 million per year in medical costs, lost production time and workers compensation. By knowing how injuries occur, the hazards in your workplace, the use of protective eyewear, and some basic self-aid and buddy care, you can reduce the chances of losing valuable work time and dollars.

Foreign bodies

Nearly 70 percent of all eye injuries are the result of flying particles. These particles can become embedded in the cornea or under the eyelid, causing abrasions with every blink. If you get a foreign object in your eye, don't rub it. Lift your upper eyelid and irrigate the eye with clean running water. Do

not flush with water if the eye is lacerated. Firmly cover the eye with a clean dressing and go to the emergency room immediately. If there is an impaled object such as a pencil or screw, do not attempt to remove it. Stabilize the object with dressings, firmly cover both eyes, and again, go immediately to the emergency room.

Chemicals

Any chemical that splashes into your eyes should be treated the same as a foreign body. Immediately remove your contact lenses and irrigate your eyes with clean water for 30 minutes. Once the eyes are flushed, contact your doctor. It is always a good idea to have the Material Safety Data Sheet for the chemical on hand.

How can injuries be prevented?

First and foremost is awareness. Knowing

the potential hazards in your workplace will better prepare you for anything that may happen. If you work around chemicals, be sure that there is an emergency eyewash nearby. Always wear eye protection. Safety glasses with side shields are best. Safety glasses should be properly fitted, secure on your head, durable, clean and allow air to circulate between your eyes and the lenses. An estimated 90 percent of all eye injuries can be prevented through the use of proper eye protection.

Where to get more information

Your section safety monitor or supervisor should be able to answer questions you may have when it comes to job-specific concerns. You may also log on to the Occupational Safety and Health Administration Web site at www.osha.gov or call the 48th Medical Group Eye Clinic at 226-9213.



Discover Britain

By Sal Davidson – Community Relations Adviser



Theme parks offer family fun

With many of the British schools starting their summer vacation today, I thought you may need some ideas to keep the children entertained over the next few weeks. In Britain we don't have the massive theme parks such as Walt Disney World, but I'm sure the following will provide you with a full day of fun.

Alton Towers - Staffordshire

Alton Towers is tucked away in the north of the country, above the Midlands region. Once there, most visitors are not disappointed with it. One of its most famous rides is Nemesis, which whisks you around at breakneck speeds and at a greater G-force than that faced by astronauts during a space shuttle launch.

This year sees the opening of "Splash Landings" - Europe's first water park hotel. Cariba Creek has the largest water roller coaster in the United Kingdom and numerous interactive water attractions such as water cannons along with volcanic springs and Lagoon Bay.

In addition to the rides, there is plenty to keep the whole family happy from walking around the gardens to visiting Ug land - the Stone Age Theme Park - or eating in one of the many restaurants. Children can also see the shows at the 3D Merrie England Cinema. Upcoming events include the Halloween Spooktacular - "Terror in the Towers" - from Oct. 18 to Nov. 2. The Alton Towers season is finished off in style with some amazing fireworks displays on Oct. 25, 26 and 31, and Nov. 1 and 2.

The park is open daily until Nov. 2. The grounds open at 9:30 a.m. and the rides close at approximately 5:30 p.m. depending on the season. For information, call (08704) 444455 or visit the Web site at www.alton-towers.co.uk.

American Adventure - Ilkeston, Derbyshire (Exit 26, M1)

The park is located near Nottingham, so you can seek out the haunts of Robin Hood at the same time. On offer is the Aztec Kingdom with soft play areas for children, the Alamo, Fort St. Lawrence and Space Port, as well as the highest log flume drop in Europe. For information call (0845) 330-2929 or visit www.americanadventure.co.uk. It is open until Nov. 2.

Legoland - Windsor

Legoland is located two miles southwest of Windsor town centre on the B3022. Windsor Castle is also in the local area. The park is one of the most popular attractions of its type in England. Attractions include the Space Tower and Sky Rider, as well as the children's favourite Lego technic dinosaur and Driving School at Lego traffic. The park is divided

into several different themed areas such as the Wild Woods and the Rat Trap. There are several snack bars and restaurants, shops and a picnic area. There is plenty to keep the whole family occupied for the whole day. Feedback received is that Legoland is on the expensive side, so it's worth planning to be there for several hours to make the most of your trip.

Legoland is open daily until Nov. 2. For information call (08705) 040404 or visit www.legoland.co.uk.

Thorpe Park - Chertsey, Surrey (Exit 11 or 13, M25)

Another popular family leisure attraction, Thorpe Park, sits on 500 acres, much of which is water. Major rides include the Canada Creek Railway, the Calgary Stampede and No Way Out. Special events this year include "Spiderman - Mystery of the Stolen Diamonds," an action-packed show of stunt acrobatics, special effects and pyrotechnics. For more information, call (08704) 444466 or visit www.thorpe-park.co.uk



Courtesy photo

Park goers ride Nemesis at Alton Towers.

Chessington World of Adventures - Chessington, Surrey (Exit 10, M25)

The park started out as a zoo and grew into a theme park. There are activities for young children in Toytown and for the teenagers, Rameses Revenge

spins you round 360 degrees at speeds of up to 60 mph while plummeting toward a rock-lined pit and water fountains. If that is not enough adventure, try the hanging roller-coaster, the Vampire, which flies above rooftops before diving underground. A monorail gives an overview of some of the animals. For more information, call (0870) 444 7777 or visit www.chessington.co.uk.

Pleasurewood Hills Theme Park - Lowestoft, Suffolk

A little closer to RAF Lakenheath, this theme park, on the east coast of England, offers a log flume, chairlift, horror dome, two railways, roller coaster and waveswinger. For more information, call (01502) 508200 or access the website at www.pleasurewoodhills.com.

Wicksteed Park- Kettering, Northamptonshire

This is one of the oldest established amusement parks in England, dating back to 1921. It's a lot smaller than some of the other theme parks and has retained many of the attractions of a bygone age - its appeal for many people. For more information, call (01536) 485454 or click on www.wicksteedpark.co.uk.

Note: Most of the parks have special offers and a whole range of price reductions if attending in a family group, so it's best to either call them to book, or even easier, book online.

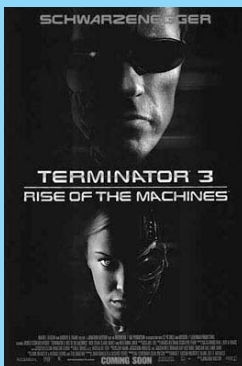
For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail sal.davidson@lakenheath.af.mil.

MOVIES

RAF Lakenheath 226-2139

Friday

6:30 p.m., Legally Blonde 2, PG-13, starring Reese Witherspoon. Now Elle Woods is juggling a demanding career as a rising young lawyer as well as preparations for her wedding to the man of her dreams. But when she stands up for the rights of the other guy in her life - Bruiser, her chihuahua - Elle is fired from her job. She's devastated, but you can't keep an optimist down. Woods goes to Washington to take matters into her own well-manicured hands. Trying to learn the political ropes and win over self-serving politicians, Elle faces a formidable challenge.



10 p.m., Terminator 3

R, starring Arnold Schwarzenegger. Arnold Schwarzenegger returns in this third installment of the popular sci-fi action saga as a cyborg from the future, once again becoming involved in the affairs of twentysomething John Connor and his first battles with the SkyNet machine network.

Saturday

6:30 p.m., Legally Blonde 2, PG-13

10 p.m., Terminator 3, R

Sunday

3 p.m., Legally Blonde 2, PG-13

6:30 p.m., Terminator 3, R

Monday

6:30 p.m., Legally Blonde 2, PG-13

Tuesday

6:30 p.m., Legally Blonde 2, PG-13

Wednesday

6:30 p.m., Terminator 3, R

Thursday

6:30 p.m., Terminator 3, R

RAF Mildenhall

238-2351

Friday

6:30 p.m., Pirates of the Caribbean, PG-13, starring Johnny Depp and Orlando Bloom. Set in the Caribbean



Sea in the 17th century, this is the story of a gentleman rogue of a pirate, Jack Sparrow, who teams up with the daughter of a governor to stop the evil plan of a ship of dangerous pirates who are trying to reverse an ancient curse that leaves them stuck between life and death, with the light of the moon revealing their skeletons, like some kind of undead monsters.

10 p.m., X-Men 2, PG-13, starring Patrick Stewart and Hugh Jackman. The X-Men have opponents new and old to face this time

around. Magneto is back, but there is also a threat to Professor Xavier's school for mutants, led by a human named Stryker, not to mention a vicious woman named Yuriko, who has it in for Wolverine.

Saturday

6:30 p.m., Pirates of the Caribbean, PG-13

9:30 p.m., Identity, R, starring John Cusack and Amanda Peet. During an unrelenting rainstorm, with all roads washed out and all forms of communication dead at an isolated motel in rural Nevada, a group of people become stranded. Soon the water-logged lodgers start dying in mysterious - and brutal - ways, and the increasingly dwindling number of survivors must discover the killer to prevent their own demises.

Sunday

3 p.m., Pirates of the Caribbean, PG-13

6:30 p.m., X-Men 2, PG-13

Monday

6:30 p.m., Identity, R

Tuesday

6:30 p.m., X-Men 2, PG-13

Wednesday

6:30 p.m., Pirates of the Caribbean, PG-13

Thursday

6:30 p.m., Identity, R



Photo by 1st Lt. Ed Ekpoudom

Air Tattoo

Capt. Andrew Buita (right), a weapons systems officer with the 494th Fighter Squadron, briefs Squadron Leader John Morris, the Royal Air Force commander at RAF Fairford, on the F-15E Strike Eagle Sunday at the 2003 Royal International Air Tattoo, RAF Fairford. Approximately 200,000 spectators attended the Air Tattoo, which the 48th Fighter Wing supported with F-15 static displays and a two-ship F-15 escort for a B-2 Spirit flyover.

BULLETIN BOARD

Events

Change of Command

Col. Donald M. Palandech relinquishes command of 48th Mission Support Group to Col. Neal B. McElhannon at 2 p.m. Monday at the Lakenheath High School football field.

Fashion show

The RAF Lakenheath Base Exchange hosts a back-to-school fashion show at noon Aug. 1. The show takes place in the main exchange and features models from the Army and Air Force Exchange Service. For more information, call 226-2996.

Classes

University of Maryland

The University of Maryland University College, Europe, Term 1 registration is Aug. 4 to 15. Visit UMUC-Europe online at www.ed.umuc.edu for a list of courses and times available. To enroll, contact the UMUC-Europe field representative at the local education center. Term 1 classes run Aug. 18 through Oct. 10.

UMUC offers an Introduction to Arabic course. Registration is Aug. 4 to 15. For more information, call 226-3195 or 238-2109.

Family support center

The family support center offers the following classes this week:

Monday

11 a.m. - Pre-separation briefing

Wednesday

3:30 p.m. - Cash-conscious kids

Friday

8:45 a.m. - Newcomers' bus tour

Noon - Key spouse meeting

For more information, call 226-3847.

Youth

Flag football

RAF Lakenheath flag football registration runs through Aug. 1 for children ages 5 to 18. Volunteer coaches are needed for all ages. For more information, call 226-2935 or 226-3180.